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POST PROCEDURE INJECTION INSTRUCTIONS

- For all fluoroscopically guided spine injections, relative bed rest for the day is advised. Avoid prolonged sitting, standing, or walking.
- Benefits from most injections may be immediate, or within the first week. Occasionally benefits may be delayed for as much as 2 weeks.
- Benefits from radiofrequency denervation may evolve over the course of an entire month.
- You may experience back/neck pain and increased leg/arm pain for 2-7 days following the procedure.
- You may return to your regular diet and medications after the procedure.
- You may resume physical therapy within 3 days after the procedure is performed, as per Dr. Simotas' instructions.
- For maximum benefit from the injection procedure, avoid suddenly increasing your activity beyond what your pre-injection level of activity had been. You may resume an exercise program starting 3 days after the injection procedure. This should be done on a very gradual progressive basis. You should not suddenly perform activities at higher intensity just because you are experiencing pain relief.
- Make sure a follow-up appointment is scheduled with the office for two to three weeks after your procedure.
- If you should experience progressive pain, weakness or numbness, contact Dr. Simotas at 212-606-1879.